



**4 FOOD PACKAGE/DRAFT ISSUANCE**

*Effective: 3/1/98*

**4.12 Women and Children Food Packages (Regular)**

*Revised: 4/1/03*

**POLICY:** Food packages for pregnant, breastfeeding, and postpartum women, and children shall be selected according to nutritional needs and preferences using the Food Package Tailoring/Selection Charts (attachment to Policy 4.10 Food Packages: General). For policies pertaining to special formulas or medical foods, see Policy 4.15 Special Formulas and Medical Foods. For homelessness, see Policy 4.20 Homeless Food Packages for Children and Women.

**PROCEDURE:**

**A. FOOD PACKAGES FOR PREGNANT WOMEN**

The most typically issued package, #151, includes the maximum allowable quantity of foods: 28-quart milk equivalent (25 quarts milk and 1 lb cheese), 2 dozen eggs, 36 ounces or less cereal, 6 cans juice (12 oz frozen or 46 oz single strength), and 16 ounces or less dry beans/peas or 18 ounces or less peanut butter. In 1999, USDA determined that the maximum quantity package for pregnant women provides a daily average of 71% of the 1989 RDA for protein, 37% for iron, 99% for calcium, 31% for zinc, 142% for Vitamin A, 50% for B<sub>6</sub>, 81% for folate, and 201% for Vitamin C. (Note: The calcium Dietary Reference Intake for pregnant women aged 19-50 years, published in 1997, decreased from 1,200 to 1,000 mg, so the contribution of the WIC food package is actually higher.)

1. Select the appropriate total milk equivalent quantity.
  - a) The 28-quart milk equivalent package (e.g., #151) provides an average of 3 3/4 servings per day. The Food Guide Pyramid recommendation for 3 servings per day assumes that the remaining calcium needed will be obtained from other foods (e.g., pancakes, waffles, and other foods made with milk; corn tortillas; whole grains; deep green leafy vegetables; tofu). Therefore, the 28-quart equivalent package is most appropriate if the woman is unlikely to obtain adequate calcium from other foods.
  - b) Food packages with milk equivalents of 24-, 20-, and 16-quarts are also available. A 24-quart equivalent package provides 3.2 servings/day; a 20-quart equivalent package provides 2.7 servings/day, and a 16-quart equivalent package provides 2.1 servings/day.
2. Select the appropriate type of milk.



- a) All Milk Types packages include regular white fluid milk with all fat levels (whole, reduced fat, low fat, and fat free), thus participants may choose whichever they prefer.
  - b) Fat Free/Low Fat milk packages are available as a way to promote increased consumption of these milks (vs the All Milk Type packages), as recommended in the 2000 *Dietary Guidelines for Americans*, and to enable the State and local agencies to track how many participants are using fat free or low fat milk.
  - c) Lactose-Reduced/Free milk packages are available for women who are lactose intolerant (though small quantities of regular milk are usually tolerated).
  - d) Evaporated/Powdered milk packages are appropriate if it is more feasible to encourage milk intake through the use of powdered or evaporated milk in cooking or baking. There is a choice of Evaporated/Powdered (choice of one or the other) or half Evaporated/Powdered (choice of one or the other) plus half Fluid (regular) milk, though there is not a choice for quantities of cheese in these packages.
3. Identify the cheese quantity. Cheese is substituted for milk at the rate of 1 pound cheese per three quarts of milk. Package #151 provides 1 pound of cheese. If preferred, packages with 0 or 2 pounds of cheese may be issued. There are also some choices for 3 pounds, and one package that contains 4 lbs cheese and no milk.
  4. Calcium-fortified juice packages (with either regular milk or with lactose-reduced/free milk) are available for women who, as determined through the dietary screening process, do not consume adequate dietary calcium (e.g., due to dislike of milk or cheese or lactose intolerance) and are otherwise unlikely to meet their calcium needs on a regular basis. Since both milk and calcium-fortified juice provide 30% of the Daily Value for calcium, the 20-quart milk equivalent food packages with calcium-fortified juice actually contain more calcium than the 28-quart equivalent packages.
  5. Other:
    - a) Portability/Usage/Kosher: These packages contain more drafts with 1 gallon of milk on most drafts, plus the option to purchase half-gallons or gallons. "Kosher allowed" is stated on the drafts. See Policy 4.11-2 for indications for use.



**B. BREASTFEEDING - BASIC FOOD PACKAGES**

The most typically issued Breastfeeding-Basic package, #151 (see Part A), provides the maximum allowable quantity of foods to breastfeeding women whose infants receive formula from WIC. This package provides a daily average of 64% of the 1989 RDA for protein, 76% for iron, 98% for calcium, 86% for Vitamin A, 52% for B<sub>6</sub>, 124% for folate, and 150% for Vitamin C. (Note: The calcium Dietary Reference Intake for breastfeeding women aged 19-50 years, published in 1997, decreased from 1,200 to 1,000 mg, so the contribution of the WIC food package is actually higher. The DRI for breastfeeding women under age 19, however, increased to 1,300 mg, so the contribution of the WIC food package is actually lower.)

1. Follow the food package selection process in Part A.1 - 5.
2. Do not reduce quantities based on the frequency of breastfeeding.

**C. BREASTFEEDING - ENHANCED FOOD PACKAGES**

The most typically issued food packages, #110-112, include the maximum allowable quantities of food for breastfeeding women whose infants receive no formula from WIC: 31-quart milk equivalent (packages contain varying amounts of milk and cheese), 7 cans juice (12 oz frozen or 46 oz can single strength), 36 ounces or less cereal, 2 dozen eggs, 16 ounces or less dry beans/peas, 16 ounces or less dry beans/peas or 18 ounces or less peanut butter, 24 ounces tuna, and 2 pounds carrots. According to USDA (MWSF-1:Leg 3-1, 12/92), this package contains 88% of the 1989 RDA for protein, 182% for Vitamin A, 147% for folate, 85% for iron, and 111% for calcium. (Note: The calcium Dietary Reference Intake for breastfeeding women aged 19-50 years, published in 1997, decreased from 1,200 to 1,000 mg, so the contribution of the WIC food package is actually higher. The DRI for breastfeeding women under age 19, however, increased to 1,300 mg, so the contribution of the WIC food package is actually lower.)

1. Choose the appropriate total milk equivalent quantity.
2. Choose the appropriate cheese quantity.
3. If indicated, a package with less milk/cheese and calcium-fortified juice may be issued. See Part A.4.
4. There are no predesignated Breastfeeding - Enhanced lactose-reduced/lactose-free milk packages or evaporated/powdered milk packages. If needed, issue a Pregnant/Breastfeeding-Basic package plus a Breastfeeding-Enhanced draft (draft #156, food package #999).
5. See Policy 4.13 for policies and procedures pertaining to food package issuance to the Breastfeeding Dyad.



**D. NONBREASTFEEDING POSTPARTUM FOOD PACKAGES**

1. The most typically issued food packages are:
  - a) #170, which contains the maximum allowable quantity of foods: 24-quart milk equivalent (21 quarts milk and 1 pound cheese), 2 dozen eggs, 36 ounces or less cereal, and 4 cans juice (12 oz frozen or 46 ounce single strength). The milk equivalent in this package provides an average of 3.2 servings per day, close to the Food Guide Pyramid recommendation for women age 11-24 years. In 1999, USDA determined that the maximum quantity food package provides an average of 69% of the 1989 RDA for protein, 71% for iron, 93% for calcium, 31% for zinc, 128% for Vitamin A, 63% for B<sub>6</sub>, 143% for folate, and 168% for Vitamin C. (Note: The calcium Dietary Reference Intakes for non-breastfeeding postpartum women, published in 1997, increased for two age ranges and decreased for one (ages 19-30) so the contribution of the WIC food package for most women is actually higher.)
  - b) #167, containing 13 quarts milk and 1 pound cheese, 2 dozen eggs, 36 ounces or less cereal, and 4 cans of juice (12-oz frozen or 46-oz single strength). The milk equivalent in this package provides an average of 2 servings per day, the Food Guide Pyramid recommendation for women age 25+ years. For women age 25-50 years, the 16-quart equivalent packages provide 53% of the 1989 RDA for protein, 76% for iron, 86% for calcium, 24% for zinc, 107% for Vitamin A, 63% for B<sub>6</sub>, 142% for folate, and 136% for Vitamin C. (Note: The calcium Dietary Reference Intake for nonpregnant 25+ year olds, published in 1997, increased from 800 to 1,000 mg. However, the Food Guide Pyramid recommendations have not changed.)
2. Choose the appropriate total milk equivalent quantity.
3. Choose the cheese quantity.
4. Other milk/cheese options are:
  - a) lactose-reduced/free milk
  - b) regular milk packages or lactose-reduced/free milk packages with calcium-fortified juice (see Part A.4)
  - c) evaporated/powdered milk [see part A.2.d)]
5. If needed, there are "portability/usage" food packages. See Policy 4.11-2.



## **E. CHILDREN'S FOOD PACKAGES**

1. The most typically issued packages are:
  - a) #161, which include 20-quart equivalents (17 quarts milk and 1 pound cheese), 2 dozen eggs, 36 ounces or less cereal, 6 cans juice (12 oz frozen or 46 oz single strength), and 16 ounces or less dry beans/peas or 18 ounces or less peanut butter. A State WIC Office analysis (in 1993) determined that 20-quart equivalent packages provide an average of 149-223% of the 1989 RDA for protein, 121% for iron, 108% for calcium, 39% for zinc, 191-239% for Vitamin A, 110-121% for B<sub>6</sub>, and 251-282% for Vitamin C (based on a package containing reduced fat milk, colby cheese, Kix cereal, large eggs, peanut butter, and orange juice). (Note: The calcium Dietary Reference Intake for children 1-3 years, published in 1997, decreased from 800 to 500 mg so the actual contribution of the WIC food package is actually much higher.)
  - b) #164, which includes 13 quarts milk and 1 pound cheese (i.e., 16-quart equivalent), 2 dozen eggs, 36 ounces or less cereal, 6 cans juice (12 oz frozen or 46 oz single strength), and 16 ounces or less dry beans/peas or 18 ounces or less peanut butter. The package provides a daily average of 131-196% of the 1989 RDA for protein, 120% for iron, 88% for calcium, 34% for zinc, 175-219% for Vitamin A, 104-115% for B<sub>6</sub>, and 248-279% for Vitamin C (based on a package containing reduced fat milk, colby cheese, Kix cereal, large eggs, peanut butter, and orange juice). [See note in a).]
  - c) The ADP system automatically changes food packages at one and three years of age, unless the CPA prescribes otherwise (at draft issuance or at recertification). The automatic changes are:
    - (1) at one year of age, to food package 164 (All Milk Types)
    - (2) at three years of age, to the package that contains an increased quantity of the same type of milk and the same quantity of cheese as was issued at two years of age (e.g., food package 161 is automatically produced if the child was receiving a 164).
  - d) An infant may receive a child's package if the pick-up day is within 10 days of the first birthday and the first day to use is on or after their birthdate (see Policy 4.30 A.8).
2. Select the appropriate total milk equivalent quantity.



- a) A 16-quart equivalent package (e.g., #164, #226) provides an average of 2.1 servings per day. A 20-quart milk equivalent package (e.g., #161) provides an average of 2.7 servings per day. The Food Guide Pyramid recommendation for 2 servings per day assumes that the remaining calcium needed will be obtained from other foods (e.g., pancakes, waffles, and other foods made with milk; corn tortillas; whole grains; deep green leafy vegetables; tofu). In general, a 16-quart equivalent package is recommended for 1-2 year olds and a 20-quart equivalent package is recommended for 3-4 year olds.
  - b) A 24-quart equivalent milk package, the maximum allowed by federal regulations, may be issued to children, also. However, since this package provides an average of 3.2 servings per day, this quantity should be issued only when a need is identified (e.g., underweight, inadequate calcium intake) and if the quantity is reasonable for that child. Document the rationale.
3. Select the appropriate type of milk.
- a) All Milk Types packages include regular white fluid milk with all fat levels (whole, reduced fat, low fat, and fat free), thus participants may choose whichever they prefer.
  - b) Whole/Reduced Fat milk packages are available, particularly for one year olds.
  - c) Fat Free/Low Fat milk packages are available as a way to promote increased consumption of these milks (vs the All Milk Type packages), as recommended in the 2000 *Dietary Guidelines for Americans*, particularly for children age 2 years and older, and to enable the State and local agencies to track how many participants are using fat free or low fat milk.
  - d) Lactose-Reduced/Free Milk packages are appropriate if the child is lactose-intolerant (though small quantities of regular milk are usually tolerated).
  - e) Evaporated/Powdered milk packages are appropriate if it is more feasible to encourage milk intake through the use of powdered or evaporated milk in cooking or baking. There is a choice of all Powdered/Evaporated (choice of one or the other) or half Powdered/Evaporated (choice of one or the other) plus half Fluid (regular) milk, though there is not a choice for quantities of cheese in these packages.
4. Identify the cheese quantity. Cheese is substituted for milk at the rate of 1 pound cheese per three quarts of milk. Packages #164 and 161 (as well as some others, e.g., #226) provide 1 pound of cheese. If preferred, packages with 0 or 2 pounds of cheese may be issued.



5. Calcium-fortified juice packages (with either regular milk or with lactose-reduced/free milk) are available for children who, as determined through the dietary screening process, do not consume adequate dietary calcium (e.g., due to dislike of milk or cheese or lactose intolerance) and are otherwise unlikely to meet their calcium needs on a regular basis. Since both milk and calcium-fortified juice provide 30% of the Daily Value for calcium, the 12-quart milk equivalent food packages with calcium-fortified juice actually contain more calcium than the 20-quart equivalent packages.
6. If needed, there are "kosher/portability/usage" food packages (i.e., more drafts with smaller quantity of milk on each draft, and with the drafts stating "kosher allowed") for children. See Policy 4.11-2 for indications for use.

**NOTES:**

References:

- \* USDA, CNPP: Review of the Nutritional Status of WIC Participants: Executive Summary, August 1999
- \* USDA, FNS: Policy Memo No. MWSSNP 97-1, Calcium-Fortified Juice in the WIC Program, January 2, 1997